

Daily Affirmations- January 2018

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Mon	Jan	1 st	Happiness and Peace
Tue	Jan	2 nd	Continue your success in life by continuing your education.
Wed	Jan	3 rd	If you fall, get back up.
Thu	Jan	4 th	In the end, the love you take is equal to the love you make.
Fri	Jan	5 th	It's okay that you fall, you just have to get up again.
Sat	Jan	6 th	If you do what you've always done, you'll get the results you've always gotten.
Sun	Jan	7 th	It is what it is. Accept it and go on.
Mon	Jan	8 th	Working together works - keep a good attitude, pray, stay happy.
Tue	Jan	9 th	You are not your mistakes or your disease. You are made of much more!
Wed	Jan	10 th	Only once you've lost everything are you capable of anything.
Thu	Jan	11 th	Why fight each other when the world is already a battle.
Fri	Jan	12 th	Today is going to be a better day.
Sat	Jan	13 th	Positive thinking = Positive results
Sun	Jan	14 th	Look forward. Don't look back.
Mon	Jan	15 th	Seek the light. The smallest ray overcomes all darkness.
Tue	Jan	16 th	Fight your battles one at a time.
Wed	Jan	17 th	I am a winner, no matter the obstacles.
Thu	Jan	18 th	To err is human; to forgive, divine.
Fri	Jan	19 th	For everything there is a season.
Sat	Jan	20 th	It takes both rain and sunshine to make a rainbow.
Sun	Jan	21 st	You must learn to dance in the rain before you can conquer the storm.
Mon	Jan	22 nd	Live your days, day by day.
Tue	Jan	23 rd	PROGRESS, NOT PERFECTION!
Wed	Jan	24 th	Don't make a permanent decision over a temporary problem.
Thu	Jan	25 th	Leave the stress with your mess!
Fri	Jan	26 th	Do better, in any one thing.
Sat	Jan	27 th	Forgive others. Forgive yourself too. No one human is perfect.
Sun	Jan	28 th	I can't change what is done, only what I am going to do next.
Mon	Jan	29 th	Just because I did not succeed the first time doesn't mean I should quit.
Tue	Jan	30 th	The next attempt could be my successful one.
Wed	Jan	31 st	Failing is what quitters do.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.